

# Fitness Logbook

Member Name \_\_\_\_\_

Payroll # \_\_\_\_\_

*Instructor/fitness facility representative must acknowledge each workout with date and signature.*

*Credit will only be issued for workouts completed during supervised hours.*

#	Date	Fitness Facility Representative Signature	Workout Time		
				am	pm
1				am	pm
2				am	pm
3				am	pm
4				am	pm
5				am	pm
6				am	pm
7				am	pm
8				am	pm
9				am	pm
10				am	pm
11				am	pm
12				am	pm
13				am	pm
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22				am	pm
23				am	pm
24				am	pm
25				am	pm
26				am	pm
27				am	pm
28				am	pm

#	Date	Fitness Facility Representative Signature	Workout Time			
29					am	pm
30					am	pm
31					am	pm
32					am	pm
33					am	pm
34					am	pm
35					am	pm
36					am	pm
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64					am	pm
65						
66					am	pm

#	Date	Fitness Facility Representative Signature	Workout Time				
67					am		pm
68					am		pm
69					am		pm
70					am		pm
71					am		pm
72					am		pm
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